

Northern TRIBS Swimming

NORTH COUNTRY INVITATIONAL

Saturday and Sunday, December 8 & 9

WARMUP SCHEDULE

SESSION 1 - SATURDAY AM						
TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
(10:00 - 10:20 AM)	NTS	NTS	NTS	NTS	NTS	NTS
(10:20 - 10:40 AM)	TBS	TBS	WAVE	WAVE	NHA	NHA
(10:40 - 10:55 AM)	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS
TIME	DIVING WELL 1	DIVING WELL 2	DIVING WELL 3			
(10:00 - 10:20 AM)	NTS	NTS	NTS			
(10:20 - 10:40 AM)	TBS	WAVE	NHA			
(10:40 - 10:55 AM)	OPEN	OPEN	OPEN			
SESSION 2 - SATURDAY PM						
TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
(2:00 - 2:25 PM)	NTS	NTS	WAVE	WAVE	TBS	NHA
Begin SPRINTS when your lane is ready - Diving well is OPEN						
SESSION 3 - SATURDAY EVENING						
TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
(4:30 - 4:55 PM)	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Begin SPRINTS when your lane is ready - Diving well is OPEN						
SESSION 4 - SUNDAY AM						
TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
(8:00 - 8:20 AM)	NTS	NTS	NTS	NTS	NTS	NTS
(8:20 - 8:40 AM)	TBS	TBS	WAVE	WAVE	NHA	NHA
(8:40 - 8:55 AM)	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS
TIME	DIVING WELL 1	DIVING WELL 2	DIVING WELL 3			
(8:00 - 8:20 AM)	NTS	NTS	NTS			
(8:20 - 8:40 AM)	TBS	WAVE	NHA			
(8:40 - 8:55 AM)	OPEN	OPEN	OPEN			
SESSION 5 - SUNDAY PM						
TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
(12:00 - 12:25 PM)	NTS	NTS	WAVE	WAVE	TBS	NHA
Begin SPRINTS when your lane is ready - Diving well is OPEN						